



**We Are Columbia**

# Media Advisory

Public Relations, Marketing and Media Department  
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## **FOR IMMEDIATE RELEASE**

Tuesday, October 14, 2014

Contact: Shireese M. Bell at 803-760-9125 or [smbell@columbiasc.net](mailto:smbell@columbiasc.net)

### **Cooking Healthy for the Holidays**

**WHAT:** Learn how to prepare delicious, healthy meals for the holiday season during a free cooking demonstration at Drew Wellness Center on November 10. Attendees will get help from a registered dietitian on how to cook healthy meals in this fun and interactive class.

**WHERE:** Drew Wellness Center, 2101 Walker Solomon Way, Columbia, SC 29204

**WHEN:** 5:30 to 6:30 p.m. Monday, November 10, 2014

For more information or to register, call Drew Wellness Center at 803-545-3200 or visit the Member Services Desk.

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## The Charles R. Drew Wellness Center

2101 Walker Solomon Way Columbia, SC 29204

[www.drewwellnesscenter.com](http://www.drewwellnesscenter.com)

803-545-3200



**FREE to the public!**

### Cooking Healthy for the Holidays

**When: November 10 at 5:30-6:30PM**

**Where: Charles R. Drew Wellness Center**

Join us and Registered Dietitian, Ashley Raash from DHEC's Office of Public Health Nutrition, as we get the holiday season started by learning about cooking healthier meals in this fun, interactive class! During this cooking demonstration you'll help prepare and sample a fun, healthy dish that you can add to your holiday table.



For more information or to register call 545-3200 or visit the Member Services Desk at the Drew Wellness Center.

